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Pasta Recipes

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[amyl](#)

Aelplermagronen

From: r.gagnaux@chnet.ch (Rene Gagnaux)

Date: Sat, 25 Sep 1993 12:00:00 +0200

Title: Aelplermagronen (The alpine farmer's macaroni w. applesauce)

Servings: 4

200 g Potatoes (7 oz)	400 g Macaroni, cooked (14 oz)
3 x Onions	Salt, freshly ground pepper
40 g Butter (1.5 oz)	40 g Gruyere cheese (1.5 oz)
1/2 x Clove garlic, mashed	25 g 'Vacherin de Fribourg' -
3 dl Whipping cream	- cheese (1 oz)

MMMMM-----APPLE SAUCE-----

1 kg Cooking apples (2 lbs 4 oz)	1 x Clove vanilla bean, slit open
120 g Granulated sugar (4.25 oz)	1 dl Water
1 x Stick cinnamon	1 x Lemon juice (optional)

Macaroni&Potatoes:

Boil the potatoes in their skin. Let cool.

Peel onions and cut into thin slices. In a large frying pan heat the butter and saute' the onions until a light brown. Moisten with cream, add the garlic and bring to boil. Stir in the (cooked) macaroni, slice the potatoes and stir into pan. Reheat. Grate the cheese and stir in.

Apple sauce:

Peel and core apples. Cut into small pieces. In a saucepan bring water and sugar to a boil. Add the apples and the spices. Cook until tender, remove the spices, liquidise. Return to saucepan, bring to a simmer and let the liquid evaporate somewhat. Correct seasoning with a few drops lemon juice and sugar as necessary.

Serving:

Arrange the macaroni&potatoes mixture in the centre of each (heated) plate, pour the sauce all round, sprinkle with some grated cheese.

[amyl](#)

Cafeteria-Style Macaroni & Cheese

From: arielle@taronga.com (Stephanie da Silva)

Date: Wed, 22 Sep 1993 04:17:38 GMT

1/2 pound elbow macaroni
1 1/2 cups milk
1 1/2 teaspoons powdered mustard
1 teaspoon Worcestershire sauce
1/4 teaspoon salt
Few drops of hot pepper sauce
3 1/2 tablespoons butter
1 egg, beaten
3 1/2 cups grated sharp Cheddar cheese (about 3/4 pound)
1/2 cup fresh bread crumbs
1/2 teaspoon paprika

Preheat the oven to 350F. Butter a shallow 2 quart baking dish.

In a large pot of boiling salted water, cook the macaroni until tender but still firm, about 8 minutes. Drain well.

Meanwhile, in a small heavy saucepan, bring the milk to a simmer over moderate heat. Removed from the heat and stir in the powdered mustard, Worcestershire sauce, salt and hot pepper sauce. Set the seasoned milk aside.

Transfer the macaroni to a medium bowl. Add 1 1/2 tablespoons of the butter and the egg and mix well. Stir in 3 cups of the Cheddar cheese. Spread the macaroni evenly in the buttered baking dish. Pour the seasoned milk over the macaroni and sprinkle with the remaining 1/2 cup grated cheese.

In a small skillet, melt the remaining 2 tablespoons butter over moderate heat. Stire in the bread crumbs until well coated. Scatter the buttered crumbs evenly over the macaroni and sprinkle with the paprika.

Bake for 30 minutes, or until the macaroni is bubbling and lightly colored. Transfer to the broiler and broil about 6 inches from the heat until the bread crumbs are golden brown, 1 to 2 minutes.

[amyl](#)

Colored Pasta Dough

From: arielle@taronga.com (Stephanie da Silva)

Date: Wed, 4 Aug 93 0:51:03 CDT

These amounts should be enough to color about 1 1/2 pounds of pasta dough, made with 3 to 4 cups of flour, 4 eggs and 2 tbsp olive oil. You'll probably need to add a little bit of extra flour to compensate for the extra moisture from the vegetables.

Green pasta. Parboil 1/2 pound of spinach for about two minutes or chard for five minutes. Drain, rinse in cold water and squeeze the leaves as dry as possible. Puree the spinach or chard through a sieve or food mill, or chop it fine by hand or with a food processor. With a fork, combine the spinach or chard with the pasta ingredients. Knead, and roll out.

Speckled green pasta. Trim, wash, pat dry and chop fine about 6 tablespoons of mixed fresh herbs: parsley, sorrel, thyme, sage leaves, tarragon, lovage, marjoram, basil, dandelion, rocket, hyssop and tender savory shoots are all suitable. However, the strong herbs -- thyme, sage, savory, marjoram and tarragon -- do not marry well with some others, so choose your herb mixture carefully. Stir the herbs into the dough ingredients with a fork. Knead and roll out.

Red/pink pasta. Boil two small unpeeled beets in salted water for 40 minutes to one hour or until tender. Peel and chop the beets, then puree them in a food processor. Stir the beet puree into the pasta dough ingredients before kneading the dough and rolling it out.

Orange pasta. Stir about 1/4 cup of well-reduced tomato sauce or pureed tomato into pasta dough ingredients. Knead and roll out.

Yellow pasta. Add a pinch of ground saffron to the flour and salt for the pasta dough. Mix well. Stir in the eggs and oil. Knead and roll out.

[mara](#)

Creole noodles (vegan)

From: shel@is.rice.edu (Michelle D Johnson)

Date: Fri, 17 Sep 1993 22:53:13 GMT

serves 4

from Nikki & David Goldbeck's American Wholefoods Cuisine

1 m onion, chopped
1 m bell pepper, cut in 1" wide strips
2 T oil
2 c chopped tomatoes, lightly drained (fresh, canned, or mixed)
2 c sliced okra (or green beans), cut in 1" pieces
4 sprigs parsley
2 t minced fresh hot pepper (or .25 t hot pepper sauce)
..5 t dried basil or a few fresh leaves, chopped
..5 t salt (reduce if tomatoes are salted)
3 c cooked noodles or whole wheat spirals or shells
2 c cooked kidney or pinto beans, drained

Saute onion and bell pepper in oil in a 3-quart pot for 5 minutes to soften. Add tomatoes, okra or green beans, parsley, and seasonings. Cover and simmer for 15 minutes until vegetables are just tender. Add pasta and beans and simmer uncovered for 10 minutes.

NOTE: For 3 cups noodles, cooks 2.5 c (5 oz) pasta in boiling saled water for 10 minutes or until barely tender. This can be done either in advance or while the sauce simmers.

Menu Suggestions: Serve with a cheese appetizer or with Broccoli Hollandaise; serve with a green sald. Use fresh fruit for dessert.

Personal experience: We used okra, canned tomatoes, canned red beans, fresh basil, ordinary spirals, & hot pepper sauce, but apparently not enough hot stuff, as it wasn't very spicy. We actually made it in the microwave and it came out fine. Needs more "sauce" though-maybe a can of tomato sauce or V-8. Good reheated in the microwave for work lunches. A little Parmesan cheese on top was good.

[amyl](#)

Date: Thu, 19 Aug 93 10:31:31 +0200

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[illegible]

FETTUCINE ALFREDO
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Ingredients + Instructions:

Melt 1/2 stick of butter in a saucepan over low to medium heat. When it begins to bubble, sprinkle in a tablespoon of flour and mix it in quickly. Add 1/2 cup heavy cream, some pepper, and 1/4 cup grated cheese like Parmesan or Pecorino. Stir constantly until thick. This makes about 1 cup of sauce.

Some Variations/Additions:

Fry bacon or pancetta bits in saucepan first, drain grease, add butter and proceed

Sautee sliced mushrooms and/or onions (with or without the bacon)

Add fresh green peas with the cream

For seafood and cream sauce, sautee quickly scallops, shrimp, crab or lobster meat in the butter (before adding flour). Add a pinch of nutmeg with the cream, pepper, and cheese.

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From: smithc@gaia.ecs.csus.edu (Cathie Smith)

Source: Chez Panisse Pasta cookbook

FETTUCINE ALFREDO

=====

Ingredients:

1 cup heavy cream
2 tblsp sweet butter
3/4 cup freshly grated parmesan
pepper
fettucine for 2

Instructions:

Bring the cream and butter to a boil in a saute pan. Reduce the heat and simmer for 30 seconds. Add half the parmesan, a little freshly ground black pepper, whisk until smooth, and remove from the heat. Cook the fettucine and add to the cream. Add the rest of the parmesan, toss the noodles well in the sauce and serve immediately. Serves 2.

Note: Don't try substituting the grated cheese that comes in a can. It won't melt.

%%%

From: robert@anuenue.cba.hawaii.edu (Chu, Robert K.T.)

FETTUCINE ALFREDO

=====

Ingredients:

6-8 oz fettucine
1/4 cup butter (not margarine!)
1 cup parmesan cheese (Kraft if you buy pre grated)

Serve as soon as possible ... your fettucine should be done about now.
I like a sprig of parsley on the side as a garnish.

Note:

If you use pre grated parmesan please don't use some cheap brand. The only one I've found that worked was Kraft; the cheap ones use some preservative or something that makes it seperate. I've given up and always grate my own. The only other thing that I might say is that I use a bit more than one cup of parmesan. (More like 1 1/2 cups) It makes it a bit thicker and I love parmesan anyway.

From: david@tms390.micro.ti.com (David Thomas)

FETTUCINE ALFREDO

The key to smooth, rich Alfredo sauce is to have all the ingredients at the right temperature before you start. It's also important to use freshly grated Parmesan cheese, not the powder that comes in the green cans. Finally, have everything in place before you start, because you will need to work quickly at the end.

Ingredients:

http://www.cs.cmu.edu/~mjw/recipes/pasta/fettucine-coll.html (3 of 8) [12/17/1999 11:27:03 AM]

12 oz fettucine
3/4 cup grated Parmesan cheese
3/4 cup whipping cream
3 egg yolks
4 oz butter (1/2 cup)

Instructions:

Allow egg yolks, cream, and cheese to reach room temperature. Warm the butter until it begins to melt, but don't let it separate.

Cook the fettucine in boiling water until the desired tenderness is reached. This varies depending on the brand. Don't trust the times suggested on the package--test it.

Beat the cream and egg yolks together. When the fettucine is done, turn off the heat, drain it and return it to the pan. If you have an electric stove, remove the pan from the burner entirely. Add about 1/3 portion of each ingredient: butter, cheese, and cream, and toss until well blended. Continue adding small portions of each ingredient and tossing until everything has been added. Serve on warmed plates.

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From: kleung@netcom.com (Kenneth Leung)
Kenneth C.P. Leung 1303 Walnut Hill Ln. 2nd Floor, Irving, TX 75038

FETTUCINE ALFREDO
=====

Ingredients:

Heavy cream
butter
black pepper
parmasan Cheese
pasta

Proportions:

0.5 lb pasta + 0.25 lb sweet butter + 1 cup cream + 0.75 cup Parmesan

Instructions:

Boil Pasta to taste, keep warm. Melt Butter and Mix with warmed heavy cream. Mix with Pasta well in warm bowl. Add pepper to taste. Add Parmesan and TOSS TOSS TOSS until sauces are thickened with pasta.

FETTUCINE ALFREDO
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[illegible]

Source: Marcella Hazan's cookbook, The Classic Italian Cookbook
modified version

FETTUCINE ALL'ALFREDO

http://www.cs.cmu.edu/~mjw/recipes/pasta/fettucine-coll.html (5 of 8) [12/17/1999 11:27:03 AM]

1 cup heavy cream
3 tblsp Butter *2*
Salt more than you think - to taste.
1 cup Fresh Parmesan *3*
Fresh ground pepper
Dash of nutmeg, freshly ground if possible.

Notes:

- *1* Fresh if at all possible. Homemade is nice, but at this point one can buy reasonable fresh pasta in most places. This recipe works with dried pasta, but certainly benefits from fresh...
- *2* Not margarine. Alfredo is a splurge; do it right! :-)
- *3* Reggiano if you can find it and afford it. It really makes a difference. If not, the Argentines make one of the best substitutes, widely available, and it costs 40% less. If you can't find either, buy Stella or even ungrated) frigo. In any event, whatever you buy, buy it **ungrated** unless you are going to use it within a day or two and trust the store to have grated it that day. Remember, the better the ingredients, the better the dish. This is especially true for this dish, due to its simplicity.

Instructions:

- 1) Put up a BIG pot of water to boil - 5 quarts+ works well (I usually cook 1 lb. pasta in 7 quarts water in a 12 quart stockpot. In a rush, I will go down to as little as 5 quarts, but not less if at all possible. It makes pasta much more starchy and sticky, and increases the chance that the pasta will stick to itself and/or the pot.)
- 2) Choose a large stove-to-table pan, wide and large enough to hold all the pasta. (I use a 3.5 quart enamelled cast iron deep skillet, which works wonderfully. Try to use a heavy duty, good pot.)
- 2a) If you are using dry pasta (the kind which takes between 8 and 12 minutes to cook, depending on the brand), wait until the water boils, add 1-2 Tbsp coarse salt (regular also works, but for some reason coarse salt is traditional in pasta water, or at least that was how I was taught. If you are not worried about sodium, add 2 Tbsp. It makes the pasta tastier.) Add the pasta.
- 3) Melt the butter over medium heat.
- 4) Add 2/3 cup of cream, and stir/cook for 1-2 minutes, until it thickens somewhat. (This soemtimes takes a little longer, I'm not sure exactly why. The exact timing doesn't matter too much.) Turn the stove

off.

5) If you are using fresh or homemade pasta, wait till the water boils, add salt as in 2a above, and add the pasta. Remember that fresh pasta takes remarkably little time to cook.

6) When the pasta is still ****very**** al dente (It will cook some more, below), drain it and add it to the skillet with the butter and cream.

7) Turn the flame on, low. Stir the pasta to coat it. Add the rest of the ingredients- cream, salt- start with 1/2 tsp, pepper, nutmeg, and parmesan. Stir/toss for a few minutes until the sauce thickens. It may need more salt, depending on the type of parmesan you are using and your tastes.

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From: darsie@ece.ucdavis.edu (Richard Darsie)

Source: Meatless Meals

FETTUCINE WITH ZUCCHINI AND MUSHROOMS
=====

Ingredients:

1 lb pkg	fettucine
1/2 cup	butter
1/2 lb	mushrooms
1.25 lb	zucchini
1 cup	half-and-half
3/4 cup	Parmesan
1/2 cup	parsley

Instructions:

Cook fettucine al dente. Cut zucchini into julienne strips. While pasta is cooking, saute mushrooms and zucchini in butter for 2 minutes. Add half-and-half to saute; reduce heat and simmer for 3 minutes. Add cooked fettucine to saute, along with cheese and parsley, and toss to mix well.

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From: spooner@informatics.WUSTL.EDU (Andy Spooner)

LOW FAT FETTUCINE ALFREDO
=====

Ingredients + Instructions:

2 tblsp butter: melt in saucepan
4 tsp flour: stir into melted butter until smooth
1-1/2 cup skim milk: stir in and cook down a bit until thickened
1/4 cup parmesan cheese: stir in until smooth
some fresh pepper & nutmeg
noodles: fold in

The above is great if you stir in some crabmeat (real or fake) and cook for a couple minutes before adding the noodles. I also like to add a healthy dose of garlic.

%%

From: mworkman@vm.cc.purdue.edu (Maggie Workman)

SPICY SHRIMP ALFREDO =====

Ingredients + Instructions:

1. Cook fettucini noodles
2. Cook 1/4 lb. small shrimp in a saucepan for 5 minutes with 1/2 stick margarine, 4 dashes garlic powder, 1 T red hot sauce, 7 dashes black pepper
3. Take shrimp out and add 1/3 cup parmesan cheese, 1/2 cup whipping cream and simmer until thick.
4. Mix with noodles and shrimp

You can vary the amount of hot sauce and pepper you use to your taste. The amount above is for not very spicy sauce. I usually at least double it for my husband. Also, you can substitute cayenne pepper for the hot sauce.

%%

[mara](#)

Fresh Tomato Sauce with Mint and Garlic on Spaghetti

From: arielle@taronga.com (Stephanie da Silva)

Date: Mon, 16 Aug 1993 01:05:55 GMT

4 garlic cloves, minced
3 tablespoons extra-virgin olive oil
3 pounds tomatoes -- peeled, seeded and chopped
1/2 teaspoon salt
1/2 teaspoon freshly ground pepper
1 tablespoon chopped fresh mint leaves, or more to taste
3/4 pound spaghetti

In a large skillet, place the garlic and 2 tablespoons of the oil. Cook over low heat until the garlic is fragrant, about 2 minutes. Increase the heat to high and cook until the garlic is golden, about 10 seconds longer. Add the tomatoes and cook over high heat, stirring occasionally, until the sauce is thick but chunky and some tomato liquid still remains, about 10 minutes. Turn off the heat and season with the salt, pepper and mint.

In a large saucepan of boiling salted water, cook the spaghetti until tender but still firm, about 8 minutes. Drain and toss with the remaining 1 tablespoon olive oil. Reheat the sauce over moderate heat. Place the pasta in a large serving bowl and toss with a third of the sauce. Pour the remaining sauce over the spaghetti; toss lightly and serve.

[mara](#)

Fusilli Michelangelo

From: aliki@isi.com (Alexandra Schmidt)

Date: Fri, 13 Aug 93 15:50:08 PDT

Just for fun, here's a recipe for Fusilli Michelangelo:

For 2-3 people:

1 15-ounce can of stewed tomatoes
1/2 cup sun-dried tomatoes
1/4 pound mushrooms
1/4 cup (packed) fresh basil leaves
1-2 cloves garlic
1-2 tbs. olive oil

salt and pepper to taste

Cut the mushrooms and dried tomatoes into julienne strips. Heat olive oil in a saucepan and saute the vegetables briefly (about 3 minutes). Drain the can of tomatoes and toss the tomatoes into a blender; blend until you have an almost but not completely smooth puree. Add the basil leaves to the vegetables and saute, stirring constantly, for about 30 seconds (they should become greener, but not cook too much). Add the puree. Press the garlic and stir in, and grind in some black pepper. Cook for maybe 5 minutes (basil should not be cooked too long or its color will fade). Salt to taste. Toss over about 10 oz. cooked fusilli.

This recipe is an original, though it's based on something I ate in an Italian restaurant in Napa.

[mara](#)

Date: Fri, 13 Aug 93 10:05:16 +0200

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[illegible]

From: Laura.Aden@ebay.sun.com (Laura Aden)

Ingredients:

8 to 10	Lasagna noodles, cooked
2 Cups	cooked diced chicken
2 Tblsp	butter or margarine
1	medium onion, chopped
1/3 lb	mushrooms, sliced
1 can	(16 oz) canned tomatoes
1/2 tsp	basil
1/2 tsp	oregano
1/3 tsp	each salt and pepper
3 Tblsp	butter or margarine
3 Tblsp	all-purpose flour
1 can	(10 oz) chicken broth
1/2 cup	half-and-half
1 cup	shredded mozzarella cheese
1/2 cup	ricotta cheese

1 tblsp sugar
assorted herbs; basil, oregano, thyme, marjoram and rosemary
salt and pepper

Optional:

1 green pepper (or yellow and red too), diced
1 chopped zucchini
1/2 chopped egg plant
(the addition of these ingredients makes your lasagne VERY rich and filling)

Instructions:

Brown the beef while chopping with wooded spoon in pan to ensure it is a fine texture. Drain fat and transfer to a large pot. Sautee the garlic and onion in 2 tbsp of olive oil until soft. Add the vegetables (except tomatoes) and continue to sautee for about 5 minutes. Drain the liquid and add the vegies to the beef. Add the tomatoes and vinegar and herbs to the pot and simmer on a med-low heat for about 1/2 hour. This sauce should be VERY wet (like soup!). If necessary, add some tomato juice or red wine if you like.

Further Ingredients:

1 lb of fresh lasagne noodles OR 1 pkg of no-cook dry lasagne pasta
1 lb of mozzarella cheese
1 lb of romano cheese
1 egg
1 pkg of frozen spinach
1 tsp oregano (dried)

Mix together in a small bowl, romano cheese, egg, oregano and spinach until well blended.

Bechamel Sauce:

2 tbsp of butter
1-3 tbsp of flour
1/2-3/4 cup of chicken broth (I use this for less calories than cream;
ya right; like it matters for this recipe!)

Instructions:

Melt butter in a small sauce pan. Stir in enough flour that the mixture starts to form a ball. Gradually stir in broth until you get a sauce that is thickened but pourable.

LASAGNA PRIMAVERA

=====

Ingredients:

12 spinach lasagna noodles (I made my own)
grated or diced mozzarella
grated or diced sharp cheddar (white or yellow)
grated parmesan
any other cheese that you like
1 red pepper
1 green pepper

Primavera Sauce:

1 small onion, sliced
4 cloves garlic, minced
olive oil
1/2 cup sliced or eighthed mushrooms
1 medium eggplant
2 cups diced tomatoes (fresh is best, but canned okay)
2 cups tomato sauce (again fresh is best, but canned okay)
1 cup tomato paste (or 6 oz. if canned)
oregano
basil
crushed red pepper
bay leaf

White Sauce:

2 cups Ricotta cheese (or 1 1/2 cups tofu and 1/2 cup yogurt)
1 egg

Instructions:

In a large sauce pan, saute the garlic and onions in olive oil over medium heat until the onions become clear and tender. Add in the mushrooms and continue to saute until tender. When the vegetables are tender, reduce heat and add in the diced tomatoes and a tablespoon water. Simmer for two minutes and add in the tomato sauce, paste and spices. Mix well with a fork until all of the tomato paste has been absorbed. Cover and simmer 30 minutes. Remove bay leaf before using.

Meanwhile, mix together the ricotta (or tofu and yogurt) with the egg, set aside in fridge. Preheat the oven to 375 F. Prepare the lasagna noodles as directed and drain.

When the sauce has simmered, remove from heat and start the lasagna.

[illegible]

Source: Knudsen's "Cooking for Complements"

=====

One	11x7x2-inch baking dish
4 oz	lasagne noodles (8 noodles)
1/2 lb	ground beef
1 1/2 cups	thick spaghetti sauce
2	eggs
1 cup	cottage cheese
3 tbsp	minced green onion
1 tbsp	minced parsley
3/4 tsp	salt
1/2 lb	Mozzarella cheese, thinly sliced
1/4 cup	shredded Parmesan cheese

1. Cook noodles according to package directions adding 1 tbsp butter or oil to water; drain.
2. Brown beef, breaking into pieces; drain excess fat.
3. Cover bottom of baking dish with thin layer of sauce; add beef to remaining sauce.
4. Beat eggs in medium bowl; blend in cottage cheese, green onion, parsley and salt.
5. In baking dish, layer in order half the following: noodles, cottage cheese mixture, Mozzarella slices and sauce. Repeat with remaining ingredients. Top with Parmesan cheese. At this point, lasagne may be baked or it may be covered and refrigerated for one or two days.

Instructions:

Soak, cook and mash 1 pound pinto beans, seasoned with a little garlic, cumin and chili powder .

Spray casserole lightly with cooking spray.

Casserole size depends upon your appetite.

- a little salsa on the bottom of a casserole
- a layer of corn tortillas
- a layer of homecooked pinto beans, mashed with potato masher
- a layer of salsa
- a layer of corn tortillas
- a layer of fatfree ricotta cheese
- a layer of salsa
- a layer of tortillas, beans, a sprinkling of cumin
- spread non fat yogurt over all, more salsa

Bake uncovered at 350 F for 30 to 45 minutes or so. Let stand for 15 minutes, serve. Good with mexican rice and/or a big salad.

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From: ber@otter.hpl.hp.com (Brenda Romans)

TWO UNIQUE LASAGNE RECIPES (VEGAN)

=====

The White Sauce:

Make up a cheese sauce using

1/2 pt	soya milk,
2 level tblsp	cornflour
3oz	strongly flavoured cheese
	OR cream cheese, this gives a very interesting flavour
lots	of grated nutmeg

For a vegan dish you can make your favorite white sauce.

The Lentil Filling:

Boil 4 oz lentils in water until soft (as a rough guide, cover them and add the same amount of water again).

Fry a chopped onion and some garlic in the oil of your choice. Add a finely grated carrot and fry that too for a while. Add a can of chopped

tomatoes. Add some (tablespoon or so) of tomato paste. Add some oregano or sweet mixed herbs. Add the lentils *and* the water they were cooked in. Add a spoon of yeast extract. Season with salt and pepper.

The TVP Filling:

While you are frying the rest of the stuff above put around 2/3 oz of TVP mince in a bowl with plenty of boiling water and some concentrated veg stock (vecon or stock cubes or yeast extract). When the other stuff is ready add the TVP mix instead of the lentils and adjust the seasonings.

Put it together

Just like any other lasagne. If you use the no pre-cook pasta make sure that the filling is sloppy so there's plenty of liquid to cook it. Stick it in the oven at gas 4 (electric 350) (fan 160) for about half an hour.

The lentil version is particularly nice and freezes well. However it is very dry if you eat it the next day (or out of the freezer) and you will need a wet sauce to go with it. I prefer it dry.

%%%

From: radha@minos.princeton.edu (Radha Venkat)

Source: Taken (with modifications by me) from the Moosewood Cookbook.

VEGETARIAN LASAGNE

=====

Ingredients:

- 1 large jar good pasta sauce
- 1 lb either mushrooms, sliced, or spinach, cleaned and chopped
- 12 lasagne noodles, half-cooked
- 2 cup Ricotta cheese
- 1 cup mozzarella
- 2 tsp wheat germ
- 2 eggs
- salt, pepper
- 1/4 cup parmesan cheese, grated fine

Instructions:

Mix the ricotta, mushrooms/spinach, wheat germ and eggs in a large bowl. (Do not crush the mushroom slices!) Add 1/2 tsp salt, and pepper to

In a 9X13 glass baking dish, put a couple of tablespoons of the sauce on the bottom, spreading it evenly.

-	-	-	-	-	-
-	-	-	-	-	-
-	-	-	-	-	-
-	-	-	-	-	-

Cover the dish with foil, and bake in a 375 degree oven for 1 hr, uncovered for the last 10 minutes.

This lasagne is wonderful with a good, crusty garlic bread and a mixed greens salad with oil and vinegar dressing.

From: avi@rix.Eng.Sun.COM (Ann Adamcik)

Sauce:
- - - - -

<http://www.cs.cmu.edu/~mjw/recipes/pasta/lasagne-coll.html> (12 of 13) [12/17/1999 11:27:14 AM]

salt, pepper

Mince garlic and onion and sautee in olive oil. Pour in tomato puree. Add herbs, salt and pepper to taste. Simmer while preparing remainder.

Ingredients:

```
1/2    red bell pepper
2      carrots
1      broccoli flowerette
1      medium zucchini
3-4    large mushrooms
8 oz   ricotta cheese
12 oz  mozzarella, shredded
1 lb   lasagna noodles
```

Instructions:

Chop vegetables and sautee in olive oil. Drop pasta in boiling water and simmer for 8-10 minutes, rinse and drain. Spread a thin layer of sauce in a 9x13" baking dish. Layer 1/3 of the noodles, 1/2 of the vegetables and ricotta, and a bit less than 1/2 of the mozzarella and sauce. Repeat for second layer. Top with remaining noodles, sauce, and cheese. Cover tightly with foil and bake at 375 degrees for 30 minutes. Uncover and sprinkle with parmesan, bake for 10 more minutes. Let stand for 10 minutes before slicing.

[illegible]mara

Macaroni and Cheese (Casserole)

From: belville@athena.mit.edu (Sharon Belville)

Date: 23 Sep 1993 15:53:00 GMT

This is my family's favorite. My dad taught my mom how to make it right after they got married, and he hasn't been back in the kitchen since (except to sharpen knives!).

1 lb box of elbow macaroni -- cook according to package directions
margarine/butter
sharp cheddar cheese
salt
pepper

In a 2-quart casserole (I usually grease it, but I'm not sure that's necessary), layer cooked macaroni, dabs of butter/cheese, and salt and pepper. You should be able to do about 3-4 layers. After the top layer of butter/cheese/salt/pepper, beat ONE EGG (or two if you like) in a 2-cup measuring cup, then add MILK to make 2 cups. Beat together and pour over macaroni. Pour more milk in to fill almost to top of macaroni. Crumble a cracker (I usually use Ritz or Townhouse, but Saltine or anything else would be fine) or sprinkle breadcrumbs over the top.

Bake at 375 for 45 minutes.

[amyl](#)

Pasta + Noodle Recipes : COLLECTION From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)

Date: Wed, 1 Sep 93 11:58:29 +0200

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From: sfisher@megatest.com (Scott Fisher)

ANGEL-HAIR PASTA WITH SCALLOPS

=====

Ingredients:

1/2 lb sea scallops, sliced 1/4-inch thick
1 medium or 2 small fresh tomatoes, minced
into 1/4" pieces
4 slices bacon or pancetta, diced fine
3 cloves garlic, minced
Fresh thyme, salt and pepper to taste
1 pound angel-hair pasta (also cappellini or
vermicelli)

Instructions:

Boil water for pasta. When it begins to boil, add
salt and oil, then
turn down and start the sauce.

In a large skillet over medium heat, cook the bacon
or pancetta to
render out some of the drippings. Add garlic and
stir to brown. Add
scallops, cooking quickly to avoid browning but to
cook thoroughly (this
is why they're cut into thin slices).

When the scallops look nearly done, turn the water
back up to a boil,
then put the tomatoes into the skillet at the same

time you put the
pasta into the water. Cook for the requisite
amount of time (2-3
minutes fresh, 6-7 minutes dried), then drain and
lightly oil the
pasta with a good extra-virgin olive oil (this will
help keep the pasta
from clumping while you eat it). Toss the fresh
thyme into the skillet
and stir through before removing it from the heat.

Toss the pasta with the sauce and serve with
freshly grated parmigiano
reggiano cheese and a big, oaky chardonnay.

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From: sehender@reed.edu (Sarah E. Henderson)

Source: _The Greens Cookbook_

BUCKWHEAT PASTA

=====

Ingredients:

2/3 cup flour

1/3 cup buckwheat flour

1 large egg
1 tsp olive oil
1 tsp water, maybe more
good pinch of salt

Instructions:

Combine flours and salt in bowl, make well in the middle. Add egg and olive oil. Using hands, gradually and lightly work egg into flour until distributed throughout. Press together to form a dough. Knead on the counter. Add drops of water as needed. Knead about 10 minutes 'til smooth and supple. Wrap in plastic and let rest 1/2-1 hour, before rolling out.(I use a Kitchen Aid to mix my pasta, so the kneading time would be shorter.)

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From: donald.c.havens.jr@dartmouth.edu (Don Havens)

CANNOLI - - TUBE RECIPE

=====

Ingredients:

Deep Fat (for frying)

1 1/2 cups flour

2 tblsp sugar

6 tblsp sherry

1/2 tsp salt

Instructions:

Sift the flour and add sugar and salt. Make a well in the center, add the sherry and work to a smooth, fairly stiff dough (add a little more sherry if necessary).

Knead the dough on a lightly floured board for 10 minutes until smooth and elastic. Cover and chill in the refrigerator for 2 hours.

Remove from the refrigerator and allow dough to reach room temperature.

Roll as thinly as possible and cut into 3 1/2 inch circles. Roll circles around the tubes, moisten the edges with water and press down to firmly seal. Turn out ends of dough so as to flare slightly.

Heat the deep fat to 350 - 375 F and fry several cannoli at a time in a fry basket until golden brown (takes about 1 minute). Lift out and drain on paper towels and remove cannoli tubes.

Use your favorite filling to stuff the cannoli.

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From: boss@scooby.cs.umass.edu (Ronya Boss)

Source: some "California" cooking cook
book...sorry, don't remember the
name

COLD CHINESE NOODLES IN PEANUT-SESAME SAUCE

=====

Ingredients:

1 lb chinese-style noodles (or any
spaghetti/fettucini-type pasta)
2 tblsp dark sesame oil

Dressing:

6 tblsp peanut butter

1/4 cup	water
3 tblsp	light soy sauce
6 tblsp	dark soy sauce
6 tblsp	tahini (sesame paste)
1/2 cup	dark sesame oil
2 tblsp	sherry
4 tsp	rice wine vinegar
1/4 cup	honey
4	medium cloves garlic, minced
2 tsp	minced fresh ginger
1-2 tblsp	hot pepper oil (see instructions below)*
1/2 cup	hot water

Garnish: (all are optional, depending on your taste)

1	carrot, peeled
1/2	firm medium cucumber, peeled, seeded, and julienned
1/2 cup	roasted peanuts, coarsely chopped
2	green onions, thinly sliced

Instructions:

1. Cook noodles in large pot of boiling unsalted water over medium heat until barely tender and still firm.

2. Drain immediately and rinse with cold water until cold. Drain well

and toss noodles with (2 Tbsp) dark sesame oil so they don't stick together.

3. For Dressing:

Combine all ingredients except hot water in a blender or food processor fitted with steel blade and blend until smooth. Thin with hot water to consistency of whipping cream.

4. For garnish, peel flesh of carrot in short shavings about 4" long. Place in ice water for 30 minutes to curl.

5. Just before serving, toss noodles with sauce. Garnish with cucumber, peanuts, green onion, and carrot curls. Serve at room temperature.

* Hot Pepper Oil:

Amount you use depends on how hot you like it. 2 Tbsp. will give it a nice "bite." If your tastes run to the very hot, you might want to use 3 Tbsp.

If you don't want to buy the oil "ready made" in

the market, here's a
recipe:

1/4 cup hot red pepper flakes, 1 cup oil. Combine
in a saucepan over
medium heat. Bring to boil, and immediately turn
off heat. Let cool.
Strain in small glass container that can be sealed.
Refrigerate. Lasts
indefinitely.

Note:

The hardest part of the recipe is amassing the
ingredients. Most can be
purchased in an Oriental Food Store. Once you make
the dressing, you
will have "instant" company fare on hand for a
long, long time. The
recipe makes 1 quart. I store mine in a
mayonnaise-type jar in the
refrigerator. Dressing will keep well indefinitely
in the refrigerator.
Use about 2-4 heaping Tbsp. of dressing per pound
of noodles.

Recipe may be prepared up to 1 day ahead of time
through Step 3 and kept
refrigerated.

From: casseres@apple.com (David Casseres)

COLD JAPANESE-STYLE NOODLES

Ingredients:

.....

- steamed shrimp
- julienned raw carrots
- steamed (barely) spinach leaves
- julienned shiitake mushrooms (the dry ones,
softened in hot water)
- julienned tamago (Japanese "omelet" -- beat eggs
and cook a thin layer
on an oiled skillet, then slice)
- julienned nori (Japanese seaweed, in sheets)
- finely chopped or slivered scallions

Instructions:

.....

She boils some thin noodles -- either wheat or rice
-- and cools them
down. Then she chills the above ingredients.

Any of the above can be omitted, and of course you can add other good

things to taste.

Then she makes a dipping sauce out of soy sauce and lemon juice.

Finally, she puts a bunch of ice cubes in the bottom of a big serving bowl, and dumps the noodles over them. She adds enough water to immerse the noodles, and puts everything on the table. The dipping sauce goes in little individual bowls, and each person gets a large bowl to eat out of. We usually help ourselves to noodles with our bare hands, because the ice water and the icy noodles feel so good on a hot evening. All the various good things are in separate dishes all over the table, making it very attractive to the eye, and each of us fixes up a bowl of noodles with his/her favorites in the desired amounts. A multisensory meal, and a good one.

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From: george@dfds.ml.com (George Minkovsky)

COLD SESAME SAUCE NOODLES

=====

Ingredients:

1 lb.	noodles
1 1/2 tblsp	minced garlic
1 1/2 tblsp	minced ginger
3 tblsp	cold water
1/2 cup	oriental sesame paste
3/4 cup	oriental sesame oil
2 tblsp	light soy sauce
2 tblsp	black vinegar
2	scallions, minced
2 tsp	Szechuan peppercorns
2 tsp	sugar
2 tblsp	chili sauce, or to taste

Instructions:

Cook the noodles 'al-dente' in lots of boiling salted water. If using oriental noodles, cook for only 2-3 minutes! Drain the noodles and rinse with cold water to stop cooking, and reserve

for later.

In a mini-chopper or using mortar and pestle,
pulverize garlic and
ginger in water.

Stir the sesame paste until the texture is even.
Combine paste, oil,
soy and vinegar, and mix well. Add garlic and
ginger mixture.

Dry roast peppercorns, then grind them. Add
pepper, scallions, sugar
and chili sauce to the sesame mixture and mix well.
Let rest for 1 hour
or more.

Before serving, rinse the noodles with cold water
until no longer gummy.
Serve the noodles on a platter with sauce in a
separate bowl.

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From: zaphod@ctrq.rrc.uwo.ca (Lance R. Bailey)

FRESH PASTA
=====

(Serves 1)

Ingredients:

1/2 cup semolina durum flour
1 tsp of olive oil
1/4 cup of water

Instructions:

Combine the above ingredients to make a dough. wrap
in a towel and let
sit for 30 minutes. [start the sauce heating...].

After the 30 minutes, [start the water boiling]
divide the dough in half
and roll out each half, allowing the first sheet of
pasta to sit while
rolling out the second.

When the sheets are dryish, cut according to how
you like your pasta.

The pasta maker recommends rolling, and folding in
half before
rerolling. After rolling you are supposed to
sprinkle some flour
betwixt the two halves. If you create a dry enough
dough, the you do
not need to do this. in fact, the first time

through the rollers, my
dough is pretty crumbly at the edges, but a few
more passes makes the
dough much more workable.

Cook for about 2 minutes.

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From: aliki@isi.com (Alexandra Schmidt)

FUSILLI MICHELANGELO

=====

(For 2-3 people)

Ingredients:

1 15-oz can of stewed tomatoes
1/2 cup sun-dried tomatoes
1/4 lb mushrooms
1/4 cup (packed) fresh basil leaves
1-2 cloves garlic
1-2 tblsp olive oil
salt and pepper to taste

Instructions:

Cut the mushrooms and dried tomatoes into julienne

strips. Heat olive oil in a saucepan and saute the vegetables briefly (about 3 minutes). Drain the can of tomatoes and toss the tomatoes into a blender; blend until you have an almost but not completely smooth puree. Add the basil leaves to the vegetables and saute, stirring constantly, for about 30 seconds (they should become greener, but not cook too much). Add the puree. Press the garlic and stir in, and grind in some black pepper. Cook for maybe 5 minutes (basil should not be cooked too long or its color will fade). Salt to taste. Toss over about 10 oz. cooked fusilli.

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From: talmy@rand.org (Shel Talmy)

FUSILLI WITH COLLARDS, BACON, AND GARLIC
=====
(Serves 4)

Ingredients:

1 lb collards, coarse stems discarded and the
leaves washed well and
chopped coarse
1/4 lb sliced bacon, cut into 1/2-inch pieces
4 large garlic cloves, chopped fine
1 large onion, sliced thin
1/4 tsp dried hot red pepper flakes 1/3 cup olive
oil
3/4 lb fusilli (spiral-shaped pasta)
1 tblsp red-wine vinegar
freshly grated Parmesan as an accompaniment

Instructions:

In a kettle of boiling water boil the collards for
10 minutes, drain
them in a colander set over a large bowl, and
return the cooking liquid
to the kettle. In a large skillet cook the bacon
over moderate heat,
stirring, until it is just browned and transfer it
with a slotted spoon
to a small bowl. Pour off the fat from the skillet
and in the skillet
cook the garlic, the onion, and the red pepper
flakes in half the oil
over moderately low heat, stirring, until the onion
is softened and the
garlic is golden brown. Bring the cooking liquid

to a boil, in it boil
the fusilli until it is al dente, and drain the
fusilli well. To the
skillet add the collards, the bacon, the fusilli,
the remaining oil, and
the vinegar and toss the mixture well. Season the
fusilli with salt and
pepper, divide it among 4 bowls, and sprinkle each
serving with some of
the Parmesan.

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From: jm5p+@andrew.cmu.edu (Judi Mancuso)

GARDEN MARINARA

=====

Ingredients + Instructions:

2 tblsp olive oil, garlic, basil, salt, pepper,
saute--then add:

Sweet peppers (green, red, yellow--whatever
available) cut in strips

Chopped spinach (about 1/2 cup)

1 small eggplant, chopped

1 small purple onion, chopped

2 cans crushed tomatoes

**Cook for about 1 hour. Serve over linguine
sprinkled with parm/romano
cheese**

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From: mworley@mathcs.emory.edu (Meg Worley)

MUSTARD-BUTTER PASTA

=====

Ingredients:

**3/4 cup misc. chopped veg (we like broccoli &
mushrooms)
2 tblsp butter, softened (or marg)
4 tblsp dijon mustard
pasta (fettucine, cappellini, etc)**

Instructions:

**Boil the pasta, and if you're using broccoli or
another boilable
vegetable, add it at the appropriate moment to the
boil. Other
vegetables should be sauteed briefly.**

While the pasta's boiling, mix together the mustard and butter thoroughly. Blend well into the drained pasta and veg, and serve.

Serves two pastaholics.

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From: vickiemc@isi.edu (Vickie McCorkendale)

MY MACCARONI & CHEESE

=====

Ingredients:

1 lb cooked elbow macaroni
1 tblsp margarine or butter
1 tblsp flour
1 tblsp warm milk
1/2 tsp paprika
1/4 tsp cayanne pepper
2 cup cheese (cheddar, jack, gouda, mozzarella -
any you like)

Instructions:

Melt the butter in small sauce pan over medium

heat, when it stops
bubbling, mix in the flour. Keep mixing for about
a minute. Slowly mix
in the warmed milk. Keep stirring, bring to boil
and keep stirring
until it thickens. When it is thick, stir in 1/2
of the cheese and the
paprika and cayenne. Remove from heat.

Lightly grease a 2.5qt casserole dish. Pour in 1/2
the macaroni, pour
on 1/2 the sauce, repeat, sprinkle with the
remaining cheese.

Bake at 350 for 25-30 minutes - until the top is
browned a bit.

Variations:

Add:

1/2 kielbasa sliced thinly (mix with cooked
noodles)

1 bunch of broccoli tops - steamed (mix with
cooked noodles)

1-2 cup croutons (good quality or homemade)
sprinkle on top

1/2 onion diced (cook in a little more
margarine before adding flour)

3-6 oz green chilis

[illegible]

From: jes0f@holmes.acc.Virginia.EDU (Judith E. Speck)

PASTA

=====	=====	=====	=====	=====
=====	=====	=====	=====	=====

Ingredients:

.....

**1 lb fresh pasta (spinach or tomato/basil
fettucine is especially
good)**

6-8 sundried tomatoes chopped up (soak in hot water for 15 min)

1 chopped onion

chopped fresh basil (1-2 t.)

1 tblsp minced fresh garlic

chopped scallions for color

olive oil to saute in

Optional: salad shrimp, sliced olives, parmisian cheese, 1/4c white wine

Instructions:

.....

Basically, you saute all the stuff in olive oil,
add some black pepper,

and toss with your pasta. The sundried tomatoes are tangy, sweet and kind of chewy. I keep a restaurant sized jar of chopped garlic in my fridge as well as those jars of pre-chopped "fresh" basil. Pretty handy.

Variations include:

zucchini, carrots, broccoli, etc. Any veggie saute on pasta is delicious! Fresh tomatoes are good too because they'll simmer down to a sauce, but right now I'm really stuck on the sweet sundried tomatoes.

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From: apross@athena.mit.edu (Adam P Ross)

PASTA CON CALAMARI
=====

Ingredients:

1 lb. fresh calamari (squid), cleaned and sliced (cleaning

instructions, see below)

1 small jar marinated artichoke hearts,
drained and rinsed off

1/2 can Progresso garbanzo beans (ceci), drained

1/3 cup pitted black olives, halved

1 large tomato, chopped

juice from 1/2 lemon

3 tblsp extra-virgin olive oil

1 tblsp fresh basil, chopped

black pepper to taste

crushed red pepper to taste (optional) (The amounts
are not set in stone,

and you can make additions, deletions or
substitutions; just

keep the spirit of the recipe.)

1 lb. long, thin pasta (linguine, cappellini,
etc.)

Instructions:

To clean calamari:

Pull head out of body sac; most of the innards
should follow. Remove

cartilaginous "pen" also. Slice the tentacles off
of the head just

below the eyes; remove the beak if present. Clean
out body sac under

running water with your finger. Remove the purple

skin (it comes off easily by rubbing). Slice the body into rings, and put them and the tentacles into a strainer and rinse them off. Easy!

Bring a small pot of water to boil. Boil calamari for 3-4 minutes, just until they turn opaque and the tentacles curl up. (Don't boil too long or they will become rubbery and tasteless.) Drain.

In a bowl, combine all ingredients (except pasta of course) and mix. Boil your pasta and drain it, and mix with the other stuff. Serve with fresh grated Parmesan cheese and fresh Italian bread.

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From: jimm@hicomb.hi.com (Jim McGrath)

Source: Adapted from "Thrill of the Grill"

PASTA FROM HELL
=====

Ingredients:

2 tblsp olive oil
1 yellow onion, diced small
1 red bell pepper, diced small
2 bananas, sliced
1/4 cup pineapple juice
juice of 3 oranges
1/4 cup chopped cilantro
4 tblsp lime juice
4 tblsp finely chopped habaneros or 6 oz. inner
beauty
1/4 cup grated Parmesan
2 tsp unsalted butter
1 lb fettuccine
salt and cracked pepper to taste

Instructions:

In a large saucepan, heat oil and saute onion & red pepper about 4 minutes over medium heat.

Add bananas, pineapple & orange juices. Simmer 5 minutes over medium heat until bananas are soft.

Remove from heat, add lime juice, cillantro, chile peppers & 3 T Parmesan. Mix well

Cook fettuccine until tender, put in a bowl.

Add spice mixture & mix. Season with salt & pepper. Garnish with remaining Parmesan.

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From: jagordon@agsm.ucla.edu (Jan)

PASTA WITH GREEN BEANS AND MUSHROOMS

=====

Ingredients:

1 1/2 lb fresh green beans, cleaned, 1 1/2 inch pieces

1/2 lb fresh mushrooms, cleaned and sliced

1 onion, sliced

5 or 10 cloves garlic, minced

1/2 cup red wine

1 32 oz can crushed tomatoes

2 tsp dried basil

1 tsp dried marjoram

1 lb mostocielli or ?? pasta

generous amount freshly ground black pepper

Instructions:

Put wine in a large skillet or dutch oven. Add all
veggies and herbs,
let simmer, covered, for 10 to 15 minutes. Add
crushed tomatoes. Let
simmer 30 minutes or until you are ready for it.

Cook pasta in unsalted, unoiled water. Combine and
enjoy.

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From: mikeb@bunny.ucdmc.ucdavis.edu

Source: Sunset Quick Cuisine

PASTA WITH SHRIMP IN TOMATO CREAM

=====

Ingredients:

1/3 cup dried tomatoes packed in oil, drained,
reserve oil, and slivered.

1 clove garlic, minced or pressed

1 lb large (31-35/lb) shrimp, shelled,
deveined

1/4 cup thinly sliced green onions, including

tops

1 1/2 Tbs chopped fresh basil, or 1 tsp dried basil

1/4 tsp white pepper

1 cup chicken broth

3/4 cup dry vermouth

1 cup whipping cream

10 oz linguine

garnish: grated parmesan cheese and/or fresh basil sprigs

Instructions:

Add 2 Tbs oil from tomatoes, heat in wide frying pan over medium-high

heat. Add garlic and shrimp when oil is hot.

Cook, while stirring,

until shrimp are opaque when cut (about 6 min).

Remove from pan. Add

onions, chopped basil, tomatoes, pepper, broth

vermouth and cream to

pan. Boil over high hear, stirring occasionally

until reduced to about

1 1/2 cups (about 10 min). Return shrimp to pan

and stir until just

heated through.

Meanwhile cook linguine in 3 qts boiling water

until just al dente

(about 8 min for dried linguine). Drain, arrange

**on 4 plates and spoon
sauce over. Garnish with basil, cheese to taste.**

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From: mikeb@bunny.ucdmc.ucdavis.edu

**PASTA WITH SMOKED CHICKEN SUNDRIED TOMATOES IN
GARLIC CREAM SAUCE**

=====

(Serves 6)

Ingredients:

**3 tblsp shallots or onions, minced
Oil for sauteing
1/2 tsp pureed garlic
3 cups heavy cream
Fresh ground black pepper to taste
8 oz Angel hair pasta
meat from 1/2 smoked chicken
3 oz sundried tomatoes, reconstituted (see
below)
chopped chives, diced tomatoes and/or parmesan
cheese for garnish
salt to taste**

Instructions:

Saute shallots briefly in hot oil, add garlic but do not cook. Add cream and pepper. Bring to boil, simmer until thick (about 1/2 original volume). Salt to taste. Strain if desired. While sauce thickens, clean meat from chicken, cut into large thin slices or, alternatively, tear into chunks. Reconstitute tomatoes by dropping into boiling water for 1 minute. Drain and julienne.

Cook pasta in about 2 Qt boiling salted water with a little oil and salt. Cook until al dente. Drain, rinse under hot water briefly.

While pasta cooks warm tomatoes and chicken in cream sauce. Dilute if needed with milk or half-and-half. Place pasta on serving plate and spoon sauce over. Top with freshly grated cheese, chopped chives, diced tomatoes or whatever.

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From: tara@starburst.umd.edu (Tara McDermott)

PASTA, CORN AND BEANS

=====

Ingredients:

4 oz. of rigattoni, cooked according to
directions

3/4 cup frozen corn

3/4 cup cooked kidney beans (I used canned beans)

1/2 cup (or more?) spaghetti sauce of your choice

1/4 tsp chili powder

Salt (optional - my beans were saltless, so I
added a pinch)

Pepper (optional)

Instructions:

After the pasta has cooked, add all the other
ingredients in a small
saucepan and cook until everything is thoroughly
heated through. When
done, add the pasta and mix well. YUM!

Since my pasta sauce has some oil in it, and the
pasta has some fat,

PASTITSIO

=====

Ingredients:

.....

Thin Cream Sauce:

.....

4 tblsp Butter
2 cups Hot Milk
1/3 cup All Purpose Flour
2 Egg Yolks

Thick Cream Sauce:

.....

4 cups Milk
1/2 cup All Purpose Flour
4 Eggs

Filling:

.....

1 1/2 cups Chopped Onions
Dash of ground cinnamon
2 lb Ground Beef
salt and pepper to taste
4 tblsp butter
1 tblsp minced garlic
2 cups Italian Plum Tomatoes, chopped
1 1/4 lb Tubular Pasta such as ziti # 2
1 cup Tomatoe Sauce
1/2 cup Bread Crumbs
1 cup fresh grated kefalatiri
1 tsp dried or tablespoon fresh chopped oregano
Parmesan cheese

Instructions:

Prepare Thin Sauce:

Melt butter in saucepan. Stir in flour and cook until mixture turns golden. Gradually stir in hot milk and cook, stirring until sauce is smooth and hot. In a small bowl, beat egg yolks, then briskly stir 1 cup of hot milk mixture. Pour egg milk mixture into remaining sauce. Stir and remove from heat without cooking the eggs.

Prepare Thick Sauce:

Heat milk to a simmer, and set aside. In a bowl, beat eggs with flour. Gradually stir hot milk into the egg mixture. Return to saucepan and cook, stirring constantly, until mixture is quite thick. Do not boil after the eggs have been added.

Main Recipe:

Brown chopped onions and meat in butter. Add tomatoes, tomato sauce, spices and seasonings. Cover and simmer for 30 minutes, or until liquid has been absorbed.

Preheat Oven to 350 Degrees (they mean Fahrenheit here -- Bill).

Cook pasta according to package directions, and drain. Sprinkle bread crumbs into a buttered 11x14x2 inch baking pan. Place a layer of pasta in the baking pan; then add half the thin cream sauce. Add meat. Sprinkle with 1/4 cup grated cheese. Cover with remaining thin cream sauce.

Spread thick cream sauce over the top and sprinkle it with remaining 1/2 cup cheese. Bake for 1 hour, or until golden. Let stand for 15 minutes to cool, and cut into squares (Note that you cannot cut the Pastitsio easily unless you cool it for 15 minutes.) When ready to server, reheat in hot oven

Note:

This dish can be prepared a day in advance, adding the thick cream sauce just before baking the dish.

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From: vigil@esca.com (Sandra)

Source: Seattle Times column, By Request

Author: Salvatore Anania - Salvatore Ristorante
Italiano in Seattle

PENNE PUTTANESCA

=====

Ingredients:

Marinara Base:

4 medium cloves garlic, peeled and
coarsely chopped
1/2 - 1 tsp freshly ground black pepper
1/4 cup cold water
20 large fresh basil leaves, coarsely
chopped
16 oz (2 cups) canned crushed tomatoes
1/2 - 1 tsp salt

Puttanesca Sauce:

1/2 cup olive oil
1 tblsp crushed red pepper
1/4 cup capers, rinsed, drained
8 flat anchovy fillets, rinsed and drained
24 pitted Kalamata olives
3 medium cloves garlic, peeled and minced
16 oz penne pasta (or ziti or mostaccioli)
2 tblsp finely chopped parsley
1/4 cup grated Parmesan cheese

Instructions:

1. To prepare the marinara base: Combine the
garlic and basil in a food

processor or blender and chop finely. Add the salt, black pepper and water; process 30 seconds. Stir into the tomatoes and set aside.

2. To prepare the puttanesca sauce: Heat the olive oil in a large saute pan. Add the anchovies and cook, mashing with the back of a spoon, until disintegrated. Add the garlic, parsley and crushed red pepper flakes. Cook 1 minute. Add the capers and olives; cook 20 seconds.

3. Stir in the marinara base and simmer 5 minutes. Keep warm.

4. Cook the pasta in lots of boiling water according to package directions. Drain and put back into the hot pan.

5. Add the sauce and Parmesan. Stir well and transfer to a heated bowl for serving.

Note:

The original recipe called for 2 Tbsp salt and 3 Tbsp crushed red pepper flakes. Times testers felt that the reduced

amounts were adequate.

[Moderator's Note: Maybe for the salt....]

Obmodification: I plan to reduce the olive oil to
1/4 cup next time,
which is probably more than adequate and cuts down
a bit on the fat.

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From: lafauss@aplcnmp.apl.jhu.edu (Laura Fausstone)

RAVIOLI FILLING

=====

Ingredients:

15 oz	ricotta cheese
1	egg
1/4 cup	sugar
1/4 tsp	cinnamon

Instructions:

Combine ingredients. These ravioli are
particularly good with a
tomato-based sauce.

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From: sehender@reed.edu (Sarah E. Henderson)

RED BELL PEPPER PASTA

=====

Ingredients:

2 lb. red bell pepper (4 large)
2 cups flour
1 egg
water

Instructions:

Bake peppers uncovered at 500 degrees(F). Turn them until skins are blackened on every side(40-45 min.) Cool 5 min. Place peppers in paper bag and fold shut. Let cool. Remove skin, stems, and seeds.

Puree peppers. In skillet, cook puree over medium heat, stirring. Cook about 10 minutes until reduced to about 1/2 cup. Let cool. Mix as with plain pasta.

**** substitute 2 lbs. Poblano chiles (8
lrg.)--gives a green bell
pepper flavor. Prepare as above.

**** substitute 2 oz. Dry Anaheim chiles
(6)--gives a mild, brick color.

Place chiles uncovered at 500 degrees until they
smell toasted(2 min.)
Remove stems and seeds. Rinse and place in bowl.
Pour 2 quarts boiling
water on them. Soak 1 hr. Drain and puree with 2
lrg. eggs.

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From: eddie@railnet.nshore.org (Eddie Van Huffel)

SPAETZLES

=====

Ingredients:

1 cup flour
1 egg
1/2 cup milk
1/2 tsp salt

Instructions:

Combine the dry ingredients (add nutmeg to taste if doing it for German Cooking, omit if for Hungarian). Add the milk and egg and let it form into a batter of sorts.

Meanwhile, have a wide pan of water with salt boiling.

Take the batter and put it into a spaetzle maker, or I used a french fry basket, and rubbed it with the bottom of a spatula to break it up.

When the spaetzles float, use a slotted spoon and put them into a colander. The above were used in sauer-braten, chicken paprikash, and fried in butter. It is another trump card hidden up my sleeve.

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From: arielle@taronga.com (Stephanie da Silva)

TAGLIATELLE WITH ASPARAGUS

=====

Ingredients:

1 lb asparagus, peeled and cut into 1-inch
pieces
1 stick (4 ounces) butter
1/4 lb thinly sliced prosciutto, cut into thin
strips
2/3 cup drained canned Italian peeled tomatoes,
chopped
1/2 tsp salt
1 tsp freshly ground pepper
1 lb egg noodles
1/2 cup freshly grated Parmesan cheese

Instructions:

Cook the asparagus in a large pot of boiling salted
water until just
tender, about 3 minutes. Rinse under cold running
water to cool; drain
well.

In a large skillet, melt 6 tablespoons of the
butter over low heat. Add

the tomatoes, salt and pepper and simmer until the sauce is slightly thickened, about 5 minutes; remove from the heat.

In a large pot of boiling salted water, cook the noodles until tender but still firm. Drain the noodles and return to the pot.

Add the asparagus to the tomato sauce and reheat. Pour the sauce over the noodles, add the remaining 2 tablespoons butter and the Parmesan cheese and toss well. Transfer to a platter and serve at once.

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From: meachen@med.wcc.govt.nz (Red)

TOMATO & BUTTERNUT SQUASH SAUCE WITH SPINACH PASTA

=====

(Serves 2)

Ingredients:

- 1 large Onion, chopped roughly
- 3 cloves Garlic chopped roughly

3-5 **dried chillis chopped (according to taste)**

1 tsp **Oregano**

1 tblsp **Butter**

1 **425g can of tomatoes**

2 tblsp **tomato paste**

2 **whole tomatoes, (chopped)**

1/2 jar **spaghetti sauce**

About half **Butternut Squash, cut into small chunks**

2 **zucchini sliced into chunks**

Spinach Fettucine:

1/2 pkt **Spinach fettucine**

1-2 tblsp **Plain Yoghurt**

2 tblsp **Parsley chopped**

1 clove **garlic**

1 tsp **butter**

Garnish:

Grated cheddar cheese with Grated Parmesan sprinkled on top.

Instructions:

1) In a saucepan melt the butter, add onion, garlic, chillis and oregano. Cook until almost soft.

2) Add Tomato based ingredients, and pumpkin and cook about 25-30 minutes, simmering over a low heat. Stir frequently.

3) In a pot of boiling salted water, cook the pasta approx 10-12 minutes according to the packet instructions. Meanwhile add the zucchini to the sauce ingredients and continue to cook until the sauce thickens and use a fork to test the squash for doneness.

4) Drain the cooked pasta, then add chopped garlic, parsley, yoghurt, butter, stir gently.

5) Serve the pasta with sauce spooned on top, with grated cheese sprinkled over the top.

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From: demers@ere.umontreal.ca (Serge Demers)

TRENETTE WITH PESTO

=====

(Serves 4)

Ingredients:

1 cup fresh basil leaves, washed dried and
tightly packed.
2 tblsp of pine nuts
3 garlic cloves, peeled chopped.
some salt
3 tblsp of grated pecorino (sheep) cheese
3 tblsp of grated Parmesan cheese (or 6 if you
don't have pecorino)
1/2 cup olive oil
2 medium size potatoes, peeled, cut in
julienne
1 lb of green beans
13 oz of Trenette noodles (or Fettuccini)

Instructions:

To prepare the pesto:

Combine in a blender: pine nuts, garlic, basil,
salt, cheeses and a bit
of oil and puree. Pour the rest of the oil and
blend for a few seconds.

**Bring a large saucepan of water to boil, drop the
beans and cook for 5**

minutes, add the potatoes and after 2 minutes add the noodles. When the noodles are to your taste, drain the mixture and put in a serving plate. Toss with the pesto and serve.

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From: jm5p+@andrew.cmu.edu (Judi Mancuso)

TRI PEPPER PASTA
=====

Ingredients:

- pasta
- water with 2 chicken boullion cubes
- olive oil
- garlic
- fresh basil
- white pepper
- strips of green pepper, red pepper and yellow pepper
- parm/romano cheese

Instructions:

Boil pasta in water with 2 chicken boullion cubes

added. Drain pasta, reserving 1/2 cup of water. (I like either linguine or ridged ziti with this).

While pasta is cooking --

In a pan with a small amount of olive oil, (spray with Olive Oil PAM too), garlic (I like loads), fresh basil, white pepper Saute ingredients until garlic is soft, add strips of green pepper, red pepper and yellow pepper -- toss well until peppers are coated with herbs, stir fry until peppers are tender-crisp.

Lower Heat. While pasta is draining, add the 1/2 cup of reserved boullion water to the peppers, let simmer a few minutes then toss with the pasta. Sprinkle with parm/romano cheese and eat.

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Contents

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From: mamiller@magnus.acs.ohio-state.edu (Marilyn J Miller)

AUNT RUBY'S MACARONI SALAD

=====

Ingredients:

- 1 1/2 boxes of creamettes macaroni (this makes a huge dish full - unless you have a large family you may want to use less macaroni)
- 1 medium-sized onion, chopped up

Cut up vegetables:

- celery
- carrots
- cucumber
- green peppers
- radishes
- tomatoes
- any other fresh vegetable you want to add
- miracle whip (to taste)
- sweet pickle relish (to taste)

Instructions:

Cut up vegetables.

Cook macaroni according to instructions on package EXCEPT cook it LONGER than package says so that pieces of macaroni are soft (not mushy but good and soft).

Cool macaroni a tiny bit so that it is warm, not hot. (I do this by repeatedly pouring cool water on it and draining it)

Drain macaroni. Pour into a large dish. Add cut up vegetables - the more vegetables the better. Add chopped onion to taste. Add Miracle Whip to taste.

Add sweet pickle relish to taste (for 1 1/2 packages of macaroni my family likes it best when I use about 1/2 jar of relish)

Mix ingredients (I mix each ingredient immediately after adding it) Refrigerate until it is cold and serve.

Again, I stress that the amounts of everything are to taste.

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From: scarletbegonias+@cmu.edu (Mary Jane Kelly)

BAJA CHICKEN PASTA SALAD

=====

(Servings: 6)

Ingredients:

3/4 lb chicken breast; *
6 oz dried mixed fruit; **
1 cup ring macaroni or orzo; raw
1 cup jicama; cubed
2 green onions/tops; sliced
1/2 cup mayonnaise or salad dressing
1 tsp red chiles; ground
1/4 tsp salt
2 tblsp sour cream or plain yogurt

- * The chicken breast should be boneless, skinless and weigh about 3/4
- ** You should use 1 6-oz package of diced mixed fruit.

Instructions:

Heat enough salted water to cover the chicken breast (1/4 tsp salt to 1 cup of water) to boiling in a 4 quart Dutch oven. Add the chicken breast.

Cover and heat to boiling, reduce the heat and simmer until the chicken is done, about 15 to 20 minutes. Remove the chicken with a slotted spoon.

Heat the water to boiling and add the fruit and ring macaroni or orzo gradually so that the water continues to boil. Boil, uncovered, stirring occasionally, just until the ring macaroni is tender, about 6 to 8 minutes or 10 minutes for the orzo, then drain. Rinse with cold water and drain again. Cut the chicken into 1/2-inch pieces and mix with the fruit, macaroni, jicama and onions. Mix the remaining ingredients and toss with the chicken mixture. Cover and refrigerate until chilled, at least 2 hours.

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From: zxmfo01@studserv.zdv.uni-tuebingen.de (Leslie Forte)

BANGKOK NOODLE SALAD

=====

Ingredients:

4 oz cappellini or other thin pasta
4 green onion, whites only, sliced thinly
1/2 cup carrots, thinly sliced or julienned (i like to blanch them for a
 bit in a pot of boiling salted water - i just do not like
 that raw flavor)
1/2 cup cucumber, cut into thin strips
1 cup cooked chicken, cut into thin strips
1/2 cup cilantro, chopped
chopped peanuts to garnish

Dressing:

1/4 cup peanut butter, chunky style
2 tblsp soy sauce
1 tsp dijon mustard
1/4 tsp red pepper flakes
2 tblsp rice wine vinegar
2 tsp sesame oil

Instructions:

Mix all ingredients for dressing in a small bowl until smooth. Break pasta in half and cook according to package directions, rinse with cold water and drain well. Toss with dressing in a large bowl and then add the carrots, cucumber, onion and chicken. Toss to combine. Refrigerate for 1 hour before serving. Garnish with cilantro and peanuts.

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From: zxmfo01@studserv.zdv.uni-tuebingen.de (Leslie Forte)

BASIC PICNIC MACARONI SALAD

=====

Ingredients:

2 cups macaroni, cooked
2 eggs, hard boiled and chopped
1 tblsp green onion, minced
1/4 cup sweet pickle, minced or 2 tblsp relish

1/4 cup celery, finely diced
1 tblsp capers
1 cup cooked green peas (use frozen, not canned!)
2 tblsp pimento, chopped

Dressing:

1/2 cup mayonnaise
2 tblsp pickle juice (do not use if relish is used)
1 tsp mustard, prepared
1/4 tsp pepper
1 tsp salt
2 tblsp sour cream
2 tblsp parsley, chopped

Instructions:

Place macaroni in large bowl. Add the egg, onion, pickle, celery, capers, peas, and pimentos. Combine dressing ingredients and add to macaroni mixture. Toss lightly with 2 forks to combine. Chill before serving.

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From: zxmfo01@studserv.zdv.uni-tuebingen.de (Leslie Forte)

BLUE CHEESE PASTA SALAD

=====

Ingredients:

8 oz pasta, dried
4 oz blue cheese, crumbled
2 cups walnuts, toasted and chopped
1 cup celery, chopped
4 tblsp mayonnaise
1/8 tsp white pepper and salt
3 tblsp parsley, minced

Instructions:

Cook pasta according to directions. Immediately rinse with cold water and drain well. Add cheese, walnuts, celery, mayo, salt and pepper. Gently toss with 2 forks until the ingredients are well mixed. Refrigerate until serving. You may need to add a little more mayonnaise if the salad seems dry. Sprinkle with the parsley and serve slightly chilled.

Note:

This pasta salad is best when made the day before it is to be served or at least several hours in advance, so that they flavor of the blue cheese has a chance to develop. Keep in the refrigerator.

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From: mary@steve.analog.ingr.com (Mary Stevenson)

FAJITAS RAMEN SALAD
=====

Ingredients:

- 1 tblsp chili powder
- 1 tblsp oil
- 2 half chicken breasts, boned and skinned
- 1 red or green pepper, cut in strips
- 1/2 red onion, thinly sliced
- assorted greens
- 1 pkg maruchan chicken ramen, broken or crushed.
- avocado and tomato wedges.

Dressing:

- 4 tblsp lime or lemon juice
- 2 tblsp soy sauce
- ramen seasoning packet
- 1 tsp sugar
- 2 tblsp oil
- 2 tblsp chopped cilantro (1 tsp dried)

Instructions:

Pat chili powder onto chicken breast; brown in hot oil. Cover, cook until done. Remove and cut into strips. Saute pepper strips in pan. Whisk dressing ingredients together. Toss with chicken, pepper strips, onion and broken ramen noodles. Serve on greens, Garnish with avocado and tomato.

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From: scarletbegonias+@cmu.edu (Mary Jane Kelly)

Source: "The Garlic Lovers' Cookbook", Volume II. The Gilroy Garlic Festival.

GARLICKY PASTA CHICKEN SALAD

=====

(Makes 6 servings)

Ingredients:

6 whole heads of fresh garlic
3/4 cup olive oil
4 rosemary sprigs (optional)
1/4 cup fresh basil leaves
1 tblsp fresh rosemary leaves or 1 tsp dried
8 oz corkscrew pasta, cooked and drained
2 cups cooked chicken, cut in strips
1/2 cup sliced green onion
1/2 cup freshly grated parmesan cheese
2/3 cup chopped walnuts
salt and pepper to taste
lettuce leaves

Instructions:

Separate cloves of garlic and drop into boiling water for 1 minute. Drain and peel. Place peeled cloves in small saucepan with oil and optional rosemary sprigs. Cook gently, covered, stirring occasionally, for about 25 minutes or until garlic is tender. Discard rosemary sprigs and puree garlic with 1/2 cup of the olive oil, basil, and the rosemary leaves.

Place pasta in large bowl and add garlic puree, chicken, onion, Parmesan, salt and pepper. Mix thoroughly. Add more olive oil if needed to moisten salad.

Let salad sit for 1 hour a room temperature (provided its not a hot room that will invite bacteria to go nuts!) or refrigerate, returning mixture to room temperature before serving. Toast walnuts in 375-degree oven for 10 minutes. Stir into the salad and serve over a mix of crisp, chilled lettuces.

Note:

The large amount of garlic, cooked slowly in rosemary-scented olive oil, develops superb flavor.

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From: cindi@brownvm.brown.edu

LELA'S MACARONI SALAD

=====

Ingredients:

1 lb. box elbow macaroni
Hellman's mayonaise (to taste)
1 6 oz can of tuna fish
1 6 oz can of tiny shrimp
chopped onions
chopped green pepper
chopped celery
dash of garlic
1/4 cup of Catlina salad dressing
green relish

Instructions:

All of the vegetables you measure to your taste delights. Cook macaroni, after it is cooled, mix other fixings and chill.

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From: jamie.wernitznig@his.com (Jamie Wernitznig)

LINGUINE TUNA SALAD

=====

Ingredients:

7 oz linguine, broken in half
1/4 cup vegetable oil
2 tsp sugar
1 tsp seasoned salt
10 oz (1 package) frozen peas, thawed
1/4 cup lemon juice
1/4 cup chopped green onions
1 tsp Italian seasoning
12 1/2 oz (1 large can) tuna, drained
2 medium firm tomatoes, chopped

Instructions:

1. Cook linguine according to package directions, drain.
2. In large bowl, combine lemon juice, oil, onions, sugar, Italian seasoning, and salt; mix well. Add HOT linguine; toss. Add remaining ingredients; mix well.
3. Cover; chill to blend flavors. Serve on lettuce leaves and garnish as desired. Makes 6 servings.

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From: mary@steve.analog.ingr.com (Mary Stevenson)

MARUCHAN ROMANO RAMEN SALAD

=====

Ingredients:

2 pkg maruchan ramen chicken flavor (break noodles into pieces)
4 cups water
1/4 cup prepared italian salad dressing
1/2 cup sliced mushrooms
1 green, yellow or red bell pepper, sliced
1/4 cup black olives
2 medium fresh tomatoes, chopped
assorted greens

Garnish:

romano cheese, shredded

Instructions:

Cook broken noodles in water with flavor packets for 3 minutes. Drain and toss with remaining ingredients except cheese. Serve on assorted greens, garnished with cheese.

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From: scarletbegonias+@cmu.edu (Mary Jane Kelly)

MEXICALI PASTA SALAD

=====

(Servings: 6)

Ingredients:

8 oz tri-color pasta spirals; *
6 tomatillos; small, **
1/2 jalapeno chile; ***
20 oz pineapple chunks; ****
1/2 tsp lime peel; grated
1/4 tsp salt
1 tblsp cilantro; fresh, snipped
2 tblsp vegetable oil

* 3 Cups of uncooked pasta should be used.
** Each tomatillo should be cut into 8 wedges.
*** The jalapeno should be seeded and finely chopped.
**** The pineapple chunks should be the ones canned in their own juice.

Instructions:

Cook the pasta as directed on the package and drain. Rinse with cold water and drain again. Mix the pasta, tomatillos, chile and pineapple. Mix the reserved juice and the remaining ingredients. Pour over the pasta mixture and toss. Cover and refrigerate until chilled, at least 2 hours.

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From: scarletbegonias+@cmu.edu (Mary Jane Kelly)

OK CORRAL SALAD

=====

(Servings: 6)

Ingredients:

4 cup cooked pasta wheels
1 raw carrot *
1 medium onion, chopped
1 rib celery, sliced thin
1/2 green pepper, chopped
5 radishes, sliced thin
6 1/2 oz can drained tuna, water pack
3/4 cup dressing (see recipe)

* Scrubbed and sliced into thin matchsticks.

Instructions:

This pasta salad gets its name from the shape of the pasta, but you could just as easily use shells and rename it Seashell Salad, etc.

Toss all the ingredients in a large salad bowl and chill. The salad can be made the night before and refrigerated. If you want to take it easy, just slice all the veggies with a food processor.

Basic Dressing:

1 cup extra-virgin olive oil
2 tsp honey
2/3 cup brown rice vinegar available at health store)
1 tsp salt
1 garlic clove, mashed
freshly ground black or cayenne pepper (opt)

Instructions:

Combine all ingredients and shake well or blend. Refrigerate. Keeps for up to a week. Makes a little less than 2 cups.

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From: scarletbegonias+@cmu.edu (Mary Jane Kelly)

Source: "Cold Pasta" by James McNair.

PASTA RINGS IN SPICY CUCUMBER RAITA
=====
(Serves 10-12 as side dish)

Ingredients:

2 medium-sized cucumbers, peeled, seeded, and coarsely grated
2 tblsp minced or grated yellow or white onion
2 cups plain yogurt (use the low-fat; the non-fat is chalky tasting)
1 clove garlic, minced or pressed
2 green onions, chopped
1 small tomato, finely chopped
2 tblsp freshly squeezed lemon or lime juice
2 tblsp finely minced fresh mint or parsley
2 tsp ground cumin
1 lb anellini or other small pasta rings
fresh ground black pepper
salt
fresh mint or parley sprigs (garnish)
cucumber slices (garnish)

Instructions:

Combine grated cucumber and onion in a small non-metallic bowl. Sprinkle with salt and let stand for 10 minutes. Drain and squeeze dry.

Whisk yogurt until creamy smooth. Add cucumber mixture, garlic, green onions, tomato, lemon or lime juice, minced mint or parsley, cumin. Salt and pepper to taste and mix thoroughly.

Chill as long as overnight.

Cook pasta in 4 quarts boiling water until very al dente. Drain and rinse well in cold water, then drain again. Place in a large bowl and cool to room temperature, stirring occasionally to keep pasta from sticking together.

Combine pasta with yogurt mixture. Garnish with mint or parsley sprigs and cucumber slices.

Note:

In addition to being very good, this cold side dish is "heart-healthy". Excellent served with spicy meats.

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From: jagordon@agsm.ucla.edu (Jan)

PASTA SALAD

=====

Ingredients:

16 oz of pasta, shells or rotini
1/2 cup chopped red onion
1 cucumber, seeded and sliced
cauliflower
broccoli
carrots
green beans
asparagus
some frozen peas
a small can of sliced olives
sliced celery
various colors of bell pepper

Instructions:

Cook a 16 ounce of pasta, shells or rotini, whatever you prefer according to package directions

Add about 1/2 cup chopped red onion, one cucumber, seeded and sliced, and if you like, some lightly steamed veggies such as: cauliflower, broccoli, carrots, green beans, asparagus, some frozen peas, a small can of sliced olives, sliced celery and various colors of bell pepper.

Dress with your favorite Italian dressing. Use any veggies you like, add small cubes of cheese if you eat dairy.

The pasta really absorbs the dressing, check to make sure it isn't too dry.

For an oilfree dressing use a 16 ounce can of recipe cut tomatoes, or dried basil and marjoram and rice or wine vinegar to taste. Oh, yes, freshly ground black pepper and minced garlic

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From: scarletbegonias+@cmu.edu (Mary Jane Kelly)

PASTA SALAD (1)

=====

Ingredients:

2 large red peppers,
1 large green pepper,
1 large yellow pepper,
200 g cherry tomatoes,
250 g fetta cheese,
250 g green olives,
500 g pasta shells, bows or spirals

Dressing:

75 ml olive oil,
1 tblsp mayonaise
1 tsp mustard (coarse ground)
1 tsp salt
1 tsp sugar
fresh oregano
ground black pepper (as required)

Instructions:

Cook the pasta till done, wash well with cold water to cool, chop the peppers, tomatoes and cheese mix it all in a bowl along with the olives, cover with the dressing which is prepared by mixing the ingredients in a jar or bottle and shaking. Add more or less of anything as required or depending what is on hand.

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From: scarletbegonias+@cmu.edu (Mary Jane Kelly)

PASTA SALAD (2)

=====

(Servings: 6)

Ingredients:

1 can ham
1 onion, diced (vidalias best)
3 carrots
1 can corn
1 cup peas
1 stalk celery
2 sweet pickles, minced (opt.)
1/2 pkg macaroni shells
1/4 cup salad dressing per serving

Instructions:

Start macaroni shells to cooking for 10 minutes in boiling water. Dice carrots and celery into small bite size pieces. Combine ham, onion, carrots, corn, peas, pickles and celery into bowl.

When the noodles are cooked, add the macaroni. Mix thoroughly and place in refrigerator for 15 minutes.

When ready to serve, add salad dressing to each individual serving. Do not add until ready to serve. If taking it along, carry the dressing separately and add when ready.

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From: zxmfo01@studserv.zdv.uni-tuebingen.de (Leslie Forte)

PATIO SHELL SALAD

=====

Ingredients:

4 oz pasta shells or other small pasta
1 15 oz can red kidney beans, rinsed and drained well
1 12 oz can corn, well drained
4 to 5 green onions, finely chopped
4 to 5 canned green chilis, finely chopped
1/2 tsp cumin, ground
1 tsp oregano, dried
2 tblsp lemon juice
1/2 cup mayonnaise
1/2 tsp salt
1/4 tsp fresh ground pepper

Instructions:

Cook pasta according to package directions and rinse with cold water and drain well. Rinse and drain corn as well. Combine pasta, beans, corn, onions, chilis, cumin, oregano, lemon juice, mayo and salt and pepper. Toss gently with 2 forks. Chill in the refrigerator for at least two hours before serving. Add more mayo if pasta seems dry.

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From: cjgg1584@uxa.cso.uiuc.edu (Cynthia J. Gibas)

RASTA PASTA SALAD

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Ingredients:

1 lb 5-color rotini (or 3-color pasta if you can't find 5-color)
 cooked and cooled.

The rest of these ingredients can be added in any ratio--depends what you like best.

1 can hearts of palm, sliced and/or
1 can water packed artichoke hearts, quartered
kalamata olives (or just plain old black olives) pitted and halved
fresh mushrooms, cut into chunks
red and yellow tomatoes, cut into chunks
red, yellow, green, (purple, orange?) peppers cut into strips
(asparagus? you be the judge)

From: arielle@taronga.com (Stephanie da Silva)

SINGAPORE NOODLE SALAD

=====

Ingredients:

1/4 cup	sesame seeds
1/2 lb	dried chinese spaghetti-style noodles
2 tblsp	vegetable oil
1 bunch	broccoli, separated into 1 inch florets
1 lb	asparagus, cut on the diagonal into 1 inch pieces
1/2 cup	chicken stock
1/2 cup	peanut butter
1/4 cup	red wine vinegar
2 tblsp	dark soy sauce
1 tblsp	sesame oil
1 tblsp	dry sherry
2 tsp	sugar
1 1/2 tsp	chinese chili sauce
1/4 cup	minced scallions
2 tblsp	finely minced fresh ginger
1	large garlic clove, minced
1 cup	bean sprouts
1 cup	thinly sliced button or shiitake mushrooms, or separated enoki
1	large red bell pepper, cut into thin julienne
2 tblsp	minced chives

Instructions:

In a small dry skillet, toast the sesame seeds over moderately high heat, tossing, until fragrant and golden brown, about 1 minute. Set aside.

In a large pot of boiling salted water, cook the noodles, separating them with a fork, until tender but still firm, about 2 1/2 minutes. Drain and rinse under cold running water, drain well and toss with the vegetable oil.

Bring a large saucepan of salted water to a boil over high heat. Add the broccoli and cook until crisp-tender, 2 to 3 minutes. Using a slotted spoon, transfer to a bowl of ice water and chill until cold, about 5 minutes. Drain on paper towels. Repeat with the asparagus, cooking them for only 1 to 2 minutes.

In a small saucepan, bring the stock to a boil over moderately high heat; remove from the heat. Stir in the peanut butter, vinegar, soy sauce, sesame oil, sherry, sugar, chili sauce, scallions, ginger, garlic

and toasted sesame seeds.

In a large bowl, toss together the noodles, broccoli, asparagus, bean sprouts, mushrooms and red pepper. Add the dressing and toss to coat. Sprinkle the chives over the top just before serving.

From: jsmith@cyote.dasd.honeywell.com (Janice Smith)

SPAGHETTI SALAD

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Ingredients:

-
- 1 lb. spaghetti, cooked
 - 2 tomatoes, chopped
 - 1 bell pepper, chopped
 - 1 cucumber, chopped
 - 1 can sliced mushrooms
 - 1 8 oz. bottle Italian Dressing
 - 1 bottle Salad Supreme (found in spice section)

Instructions:

Combine all ingredients and let stand. If salad stands for a long time, you may need to add more italian dressing.

From: zxmfo01@studserv.zdv.uni-tuebingen.de (Leslie Forte)

TORTELLINI AND ARTICHOKE PASTA SALAD

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Ingredients:

-
- 1 10oz pkg cheese or chicken stuffed tortellini
 - 4 whole marinated artichoke hearts
 - 2 to 3 tblsp roasted red pepper or pimento, diced
 - 4 tblsp reduced calorie mayonnaise
 - 1 tblsp dijon mustard
 - 1 tblsp parmesean cheese, grated
 - 2 tblsp basil, chopped
 - 2 tblsp parsley, chopped

salt and pepper

Instructions:

Cook tortellini, rinse and drain well. Toss with 1 tblsp of the marinated artichoke liquid to keep from sticking together. More may be added for flavoring of desired. Drain artichokes Cut into chunks. Combine remaining ingredients and toss gently in a large bowl to combine. Refrigerate if not served immediately.

Note:

Canned non-marinated artichokes can also be used - in that case, use some olive oil to keep the pasta from sticking together and a little bit of vinegar may be needed to give the salad a kick.

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From: arielle@taronga.com (Stephanie da Silva)

TORTELLINI-PESTO SALAD

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Ingredients:

1 cup lightly packed parsley sprigs with stems removed
1/4 cup fresh basil
1 clove garlic
1/3 cup grated Parmesan cheese
1/4 cup olive oil
8 oz broccoli
2 7-oz pkg cheese-filled tortellini
1 2 1/4-oz can sliced pitted ripe olives, drained
6 oz provolone cheese, cubed
2 medium tomatoes, seeded and chopped
1/3 cup pine nuts, toasted

Instructions:

For pesto, in food processor bowl or blender container combine parsley, basil and garlic. Cover and process or blend till finely chopped. Add parmesan cheese. Cover and process or blend until combined. With lid ajar, add oil a little at a time, processing or blending after each addition till well combined; set aside.

Remove the outer leaves and tough parts of stalks from broccoli. Cut stalks crosswise into 1/4 inch thick slices and break flowerets into

Ingredients:

6 oz wagonwheel pasta
5 all-beef hot dogs, boiled and sliced in rounds
1/3 cup sweet pickle, thinly sliced
1/4 cup red or green pepper, finely chopped
2 green onions, thinly sliced
1/2 cup mayonnaise
1 tblsp prepared mustard
2 tsp cider vinegar
salt and pepper
parsley to garnish

Instructions:

Cook wagonwheels according to package. Drain and rinse well with cold water. Place hot dogs and pasta in large bowl and add remaining ingredients. Toss gently with two forks. Chill for at least two hours in refrigerator.

Note: This is a great pasta salad for picnics with lots of children.

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From: kathy@oasys.dt.navy.mil (Kathy Smith)

WEIGHT WATCHERS CHINESE NOODLE SALAD

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(Makes 2 Servings)

Ingredients:

1 cup cooked thin spaghetti
3/4 tsp peanut oil
3 oz diced cooked chicken
1/2 garlic clove minced
1/2 cup bean sprouts
1/4 tsp each minced pared gingerroot and chinese sesame oil
1/4 cup each sliced green onions and diced red bell pepper
dash ground red pepper
1/2 oz dry roasted peanuts
1 cup shredded lettuce
1 tblsp each water and creamy peanut butter
2 tblsp reduced-sodium soy sauce

Instructions:

In medium mixing bowl combine spaghetti, chicken, bean sprouts, green onion, bell pepper, and peanuts; set aside. In blender combine remaining ingredients except lettuce and process on high speed until thoroughly combined. Add to spaghetti mixture and toss to coat. Cover and refrigerate until chilled, about 30 minutes.

To serve; on serving platter arrange lettuce around edge of platter; fill center of platter with spaghetti mixture.

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[amyl](#)

Pasta Chicken

From: Laura.Aden@ebay.sun.com (Laura Aden)

Date: 9 Aug 1993 14:14:57 GMT

4 chicken breast - diced up into bite size pieces
1 bunch of broccoli (or 10 oz frozen chopped) - diced up into bite sized pieces
5 to 10 garlic cloves - minced or pressed
basil & oregano - to taste (aprox. 1/2 tps each)
1/2 & 1/2 - 1 med carton
4 large ripe tomatoes
1 10oz pack of small shell pasta
olive oil
grated parmesan cheese - to taste

Start water boiling for pasta and add pasta when boiling, cook until done and then drain.

Cook broccoli (I steam fresh - or follow frozen package directions)

Brown chicken pieces in olive oil, add tomatoes and garlic, simmer for approx 3 minutes, add basil and oregano, simmer again for 2 to 3 minutes. Add 1/2 & 1/2 simmer again for 3 to 7 minutes, add pasta and parmesan cheese, stir well and serve.

Its great served with french or garlic bread and a salad.

[mara](#)

Penne Puttanesca

From: esca!tech60.dnet!vigil@uunet.UU.NET (I am not making this up)

Date: Thu, 15 Jul 1993 12:21:50 -0700

The following is from the new Seattle Times column, By Request, which helps readers get recipes for favorite dishes they have enjoyed at restaurants, and to locate recipes they have heard about or lost. As a puttanesca connoisseur, I've found that Salvatore Ristorante Italiano in Seattle makes the *best* puttanesca I've had at any restaurant in the area. The following has been shared by the owner, Salvatore Anania. Hope you enjoy it as much as I.

Marinara base:

4 medium cloves garlic, peeled and coarsely chopped	1/2 - 1 tsp freshly ground black pepper
20 large fresh basil leaves, coarsely chopped	1/4 cup cold water
1/2 - 1 tsp salt	16 oz (2 cups) canned crushed tomatoes

Puttanesca sauce:

1/2 cup olive oil	1 Tbsp crushed red pepper
8 flat anchovy fillets, rinsed and drained	1/4 cup capers, rinsed, drained
3 medium cloves garlic, peeled and minced	24 pitted Kalamata olives
2 Tbsp finely chopped parsley	16 oz penne pasta (or ziti or mostaccioli)
	1/4 cup grated Parmesan cheese

1. To prepare the marinara base: Combine the garlic and basil in a food processor or blender and chop finely. Add the salt, black pepper and water; process 30 seconds. Stir into the tomatoes and set aside.
2. To prepare the puttanesca sauce: Heat the olive oil in a large saute pan. Add the anchovies and cook, mashing with the back of a spoon, until disintegrated. Add the garlic, parsley and crushed red pepper flakes. Cook 1 minute. Add the capers and olives; cook 20 seconds.
3. Stir in the marinara base and simmer 5 minutes. Keep warm.
4. Cook the pasta in lots of boiling water according to package

directions. Drain and put back into the hot pan.

5. Add the sauce and Parmesan. Stir well and transfer to a heated bowl for serving.

Note: The original recipe called for 2 Tbsp salt and 3 Tbsp crushed red pepper flakes. Times testers felt that the reduced amounts were adequate. [Moderator's Note: Maybe for the salt....]

Obmodification: I plan to reduce the olive oil to 1/4 cup next time, which is probably more than adequate and cuts down a bit on the fat.

[mara](#)

Polka Dotted Macaroni and Cheese

From: **marcia@netcom.com (Marcia)**

Date: **Fri, 8 Oct 1993 07:30:38 GMT**

This recipe comes from the old Betty Crocker Boys and Girls Cookbook. This is NOT the same as the one they are selling now. (I would love to find an old copy!) This is one of the first dishes I ever cooked as a child, and I still like it.

Heat Oven to 375F.

Cook as directed 7 oz elbow macaroni.

Stir together in bowl

1 can cheddar cheese soup

1/2 c milk

1 tsp Worcestershire sauce.

Spread drained macaroni in 10"x6" baking dish; add cheese sauce, stirring to mix. Cut into penny thin slices two hot dogs. Arrange slices on top. Bake 25 minutes.

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Marcia Bednarcyk.

ADDRESSES: marcia@netcom.com

Don't tell me not to burn my candle at both ends -

mlb@cisco.com

just tell me where to get more wax!

[amyl](#)

Spaghetti Carbonara

From: mark.jacoby@medtronic.com (Mark Jacoby)

Date: Thu, 19 Aug 1993 20:21:32 GMT

Well, here's our modified version:

1/3 # diced Sizzlean*(I know, trust me)
spaghetti
1/2 c grated _fresh_ parmesan
2 eggs
2 T butter
1 T olive oil
1 clove crushed garlic
fresh ground pepper

Start your water boiling for the pasta. Melt the butter in the olive oil and add the garlic and Sizzlean. Cook but don't brown your garlic or bacon-stuff. Grate the parmesan. Beat together the eggs, 1/4 cup parmesan and pepper. When the pasta is done, drain and immediately toss in the egg mixture. (The heat of the pasta cooks the eggs as it coats the pasta.) Drain about 1/2 of the liquid from the bacon-stuff/garlic and add the rest to the pasta with the rest of the parmesan, toss again. Serve with more fresh ground pepper.

This is probably enough for 4 so measure your pasta accordingly.

*The sizzlean tastes more like ham than bacon, so if you want you can use ham.

Quick and easy. Enjoy,

mark

[mara](#)

Spaghetti with Cream Corn Sauce

From: lwong@magnus.acs.ohio-state.edu (LEW)

Date: 20 Jul 1993 17:47:57 GMT

Ingredient :

1 can cream style corn

2 boneless chicken breast (or you can use the same amount of boneless pork)
oil, salt, pepper and soy sauce.

1. Cut chicken to bite size (and thin) . Heat oil in skillet , cook chicken till done, add little salt to taste.

2. Add cream corn to the skillet . Add little water so that the sauce won't go too concentrated. Boil, add salt , pepper and soy sauce to taste.

Serve over cooked spaghetti.

[mara](#)

Spaghetti all' Puttanesca

From: David Gossett gossett@psych.colorado.edu

Date: Tue, 24 Aug 93 13:13:20 MDT

recipe by David Gossett

Ingredients

1 lb spaghetti (preferably Italian)
olive oil (traditionally quite a bit, but it works fine with less, maybe 2.5
 tbsp or so)
2 or 3 cloves of garlic
1 dried red pepper
1 medium red onion
1 28 oz can tomatoes, preferably Italian plum tomatoes
tomato paste or "double concentrate", 2-4 tbsp
15 or so oil-cured olives
2 tbsp capers

Either:

2 or 3 sun-dried tomatoes (the kind packed in oil)

or

2 or 3 anchovies (Being a vegetarian, I don't ever do this anymore,
and I think that it is even better with the sun-dried tomatoes, anyway.)

Chop the garlic and red pepper. Set aside. Chop the red onion. Over a
medium flame, heat the olive oil. Add the garlic and red pepper. In
a minute or so add the onion. Stir occasionally. pit and chop the
olives, and chop the sundried tomatoes or anchovies. When the onion is
soft, (5 min?), add the tomatoes, tomato paste, olives, capers, and
sundried tomatoes/anchovies. With your stirring spoon, break up the canned
tomatoes a bit. Cook over medium to medium-high flame until most of the
moisture is gone and the sauce looks a little darker, 20-30 minutes. Serve
over spaghetti, with a small amount of parmesan.

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[mara](#)

Spaghetti Alla Puttanesca

From: gws1@merhaba.cc.columbia.edu (Greg Schmitz)

Date: 1 Sep 1993 18:49:33 GMT

Here is my favorite Puttanesca recipe, it is from Gourmet Magazine.

We would like to offer a wonderful pasta recipe that we have not yet seen in your pages. It can be prepared in a jiffy (indeed its name is alleged to come from the fact that Italian prostitutes prepared it between assignations). The anchovies are recommended by the chef of a Neapolitan trattoria, and tradition has it that they are indispensable.

SPAGHETTI ALLA PUTTTANESCA (Spaghetti with Olives and Anchovies)

4	garlic cloves, minced
1/2	teaspoon dried hot red pepper flakes
1/4	cup olive oil
1/3	cup minced fresh parsley leaves
4	drained canned Italian tomatoes, chopped fine, including 1/3 cup of the juice
4	flat anchovy fillets, drained and minced
6	Mediterranean-style brine-cured black olives, minced
2	teaspoons drained bottled capers
1/2	pound spaghetti
2	tablespoons freshly grated Romano or Parmesan

In a skillet cook the garlic and the red pepper flakes in the oil over moderately low heat, stirring, for 20 seconds, stir in the parsley, and cook the mixture for 10 seconds. Add the tomatoes with the juice and cook the mixture over moderate heat for 1 minute. Add the anchovies, the olives, and the capers and cook the sauce, stirring, for 2 minutes. In a kettle of boiling salted water cook the spaghetti until it is al dente, drain it, and in a bowl toss it with the sauce. Sprinkle the pasta with the Romano. Serves 2 to 4.

Deborah W. Hobson and Emmet I. Robbins
Toronto, ONT. Canada

"Spaghetti Alla Puttanesca." Gourmet Magazine, "Sugar and Spice: 20 Favorites," June 1991, pg 132.

GWS Notes: Start timing when ingredients begin to sizzle. I use a cleaver to mince ingredients; I mince the anchovies and olives together. I chop the capers if they are large (approx .75mm) and leave them whole if they are small. If I use bottled cappers it is VIMP to drain (I squeeze them) the capers, else they overpower everything; if I use salt packed capers I soak them in a strainer suspended in water to remove much of the salt. 1 tblspn of garlic (minced) seems to do the trick "OK".

[amyl](#)

Spaghetti Putanesca

From: jerry@cse.sun.ee.lbl.gov (Jerry Tunis)

Date: 25 Aug 1993 02:34:46 GMT

This recipe for Pasta alla Putanesca is from "Compliments of the Chef, 100 Great Recipes from the Innovative Restaurants of Berkeley, California," by Paul Johnston and the Sisterhood of Congregation Beth El, Aris Books, Berkeley, CA, 1985, as served at Caffè Venezia. (whew!) :

"This robust pasta is a great way to start a meal, or it can serve as a meal by itself. Freshly grated Reggiano is excellent with this recipe. The heat of the dish can be adjusted to taste.

- 1/3 cup olive oil
- 9 anchovies
- 8 whole garlic cloves
- 1/4 teaspoon dried red pepper flakes
- 4 medium ripe tomatoes, chopped and seeded
(enough to make 3 cups of tomatoes) or
one 28-ounce can tomatoes, chopped, w/juice
- 12 Calamata olives, pitted and halved
- 2 teaspoons capers, drained
- 5 garlic cloves, chopped
- 1/3 cup chopped fresh parsley
- 1 tablespoon chopped fresh basil
- 1/2 to 3/4 pound fresh pasta
- Chopped fresh parsley

Heat the oil in a saute' pan or skillet. Add the anchovies and whole garlic cloves. Cook until the garlic cloves brown and the anchovies fall apart. Add the red pepper flakes and cook a few seconds more. Add the tomatoes, olives, and capers. Simmer for 30 minutes. Add the chopped garlic, parsley, and basil to the sauce and simmer a bit longer.

Cook the fresh pasta in plenty of boiling salted water for 2 to 3 minutes or until 'al dente.' Toss with half of the sauce until well coated. Arrange the pasta on a platter and pour the remaining sauce on top. Sprinkle the chopped parsley over all. Serves 4."

I prefer dry pasta and use much more capers and anchovies.

[maria](#)

Tagliatelle with Asparagus

From: arielle@taronga.com (Stephanie da Silva)

Date: Mon, 16 Aug 1993 01:18:07 GMT

(amy's note : I guess there should be some asparagus here)

1 stick (4 ounces) butter

1/4 pound thinly sliced prosciutto, cut into thin strips

2/3 cup drained canned Italian peeled tomatoes, chopped

1/2 teaspoon salt

1 teaspoon freshly ground pepper

1 pound egg noodles

1/2 cup freshly grated Parmesan cheese

Cook the asparagus in a large pot of boiling salted water until just tender, about 3 minutes. Rinse under cold running water to cool; drain well.

In a large skillet, melt 6 tablespoons of the butter over low heat. Add the tomatoes, salt and pepper and simmer until the sauce is slightly thickened, about 5 minutes; remove from the heat.

In a large pot of boiling salted water, cook the noodles until tender but still firm. Drain the noodles and return to the pot.

Add the asparagus to the tomato sauce and reheat. Pour the sauce over the noodles, add the remaining 2 tablespoons butter and the Parmesan cheese and toss well. Transfer to a platter and serve at once.

[mara](#)

Vegetarian Lasagne

From: Radha Venkat radha@minos.Princeton.EDU

Date: Mon, 9 Aug 93 08:48:25 EDT

Taken (with modifications by me) from the Moosewood Cookbook:

Vegetarian Lasagne:

1 large jar good pasta sauce
1 lb either mushrooms, sliced, or spinach, cleaned and chopped
12 lasagne noodles, half-cooked
2 c Ricotta cheese
1 c mozzarella
2 tsp wheat germ
2 eggs
salt, pepper
1/4 c parmesan cheese, grated fine

Mix the ricotta, mushrooms/spinach, wheat germ and eggs in a large bowl. (Do not crush the mushroom slices!) Add 1/2 tsp salt, and pepper to taste. (I use non-fat egg product and low fat ricotta.)

Jazz up pasta sauce, if desired. (I usually throw in some extra oregano, basil and onions, and let the whole thing cook for about a half hour.)

In a 9X13 glass baking dish, put a couple of tablespoons of the sauce on the bottom, spreading it evenly.

Put a layer of noodles in the pan. (You may have to trim one of the noodles to fit along the bottom of the pan, like such:

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Cover this layer with 1/2 the ricotta filling.
Cover the ricotta with roughly 1/4 the pasta sauce.
Then, some mozzarella, about half of it.
Next, another layer of noodles, trimming as necessary.
Repeat ricotta, sauce and mozzarella, using up the two cheeses.
Layer on the final few noodles.
Put some sauce on top, enough to cover liberally.
Cover this with the 1/4 c parmesan cheese.

Cover the dish with foil, and bake in a 375 degree oven for 1 hr, uncovered for the last 10 minutes.

Let the lasagne cool for 15-20 minutes, to allow the cheese to set a little before serving.

This lasagne is wonderful with a good, crusty garlic bread and a mixed greens salad w/ oil and vinegar dressing.

Enjoy!

- Radha

[mara](#)

Veggie Lasagna

From: avi@rix.Eng.Sun.COM (Ann Adamcik)

Date: 9 Aug 1993 19:27:56 GMT

Sauce:

- 3 cloves garlic
- 1/2 white onion
- 2 15oz. cans tomato puree
- fresh basil, oregano, italian parsley
- salt, pepper

Mince garlic & onion and sautee in olive oil. Pour in tomato puree. Add herbs, salt & pepper to taste. Simmer while preparing remainder.

- 1/2 red bell pepper
- 2 carrots
- 1 broccoli flowerette
- 1 med. zucchini
- 3-4 lg. mushrooms
- 8 oz. ricotta cheese
- 12 oz. mozzarella, shredded
- 1 lb. lasagna noodles

Chop vegetables and sautee in olive oil. Drop pasta in boiling water and simmer for 8-10 minutes, rinse and drain. Spread a thin layer of sauce in a 9x13" baking dish. Layer 1/3 of the noodles, 1/2 of the vegetables and ricotta, and a bit less than 1/2 of the mozzarella and sauce. Repeat for second layer. Top with remaining noodles, sauce, and cheese. Cover tightly with foil and bake at 375 degrees for 30 minutes. Uncover and sprinkle with parmesan, bake for 10 more minutes. Let stand for 10 minutes before slicing.

[mara](#)